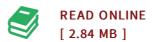




Insomnia: Don t Lose Sleep Over It.Find the Help You Need (Paperback)

By Linda K DeVries

Shaw (Harold) Publishers, U.S., United States, 2000. Paperback. Book Condition: New. 211 x 135 mm. Language: English . Brand New Book ****** Print on Demand ******. More than 130 million American adults have sleep-related problems. If you or someone you love is one of them, you know how monstrous insomnia can be. But there s hope! Linda DeVries offers up-to-date information about the cuases and treatments of sleep disorders. There are self-tests to help you identify the physical and emotional factors contributing to your insomnia and loads of tips for sleeping better. Find out: -what type of insomnia you have-how much sleep you really need-what kind of environment is most conducive to sleep-how a spiritual connection can make a difference-when professional help may be needed-how to help a sleepless child or spouse What you read here will help take the dread out of going to bed.



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